

Reverse Fly

Stand with your feet shoulder width apart, bend at the knees and hips, and keep your back straight; support your weight by placing your left hand on your left thigh while letting your right hand hang with the dumbbell. Raise your right arm straight out to your side until it is parallel to the floor, palm facing down.

Slowly return to the starting position.

Repeat 10 times, then repeat your with other arm.

